

Fool-proof Goose with Cider Gravy

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This recipe is an absolute fool-proof guide to cooking goose.

Ingredients:

1 4.5kg goose
6 small onions
3 bay leaves
Bunch of thyme
2 carrots
2 onions
2 bay leaves
1 litre chicken stock
500ml good quality cider
4 tbsp. plain flour
Salt and pepper
2 tbsp. vegetable oil

Directions:

1. Heat the oven to 200C. Prick the skin all over. Stuff the onions, bay leaves and the thyme into the goose and season the inside and outside of the goose with salt and pepper.
2. Cover the goose with foil and roast for an hour and a half. Remove it from the oven, baste it with the juices and then recover and cook for another hour and a half.
3. Whilst the goose is still cooking, finely chop the carrots and onions.
4. Fry the onions and carrots in a bit of oil until brown and almost burning.
5. Add in the herbs and cover with the cider. Reduce it down to a third of the original liquid. Pour in the chicken stock and reduce by half again, then strain the gravy through a sieve.
6. Once the goose is cooked, pour the gravy into the baking tin and stir well. Rest the goose for half an hour before serving.

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